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The Triathlete's Training Bible is the bestselling and most comprehensive guide for aspiring and experienced triathletes. Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon.

[Joe Friel - The "All New" Cyclist's Training Bible](#)
I recently finished writing a "somewhat" new book The All New Cyclist's Training Bible. Joe Friel's Blog is for the Triathlete's Training Bible.

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Triathlon coaching from Joe Friel Triathlete Training Bible Book series. As well as other expert coaches such as Jim Vance, Adam Zucco, Scott Iott, Mike Girard, and

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The Cyclist's Training Bible, 5th Ed. - VeloPress

One of the most trusted coaches in triathlon What's New in this fifth edition of The Cyclist's Training Bible? Coach Joe Friel started writing the fifth